



JANUARY NEWSLETTER



TEL: (845) 807-0241
MON - FRI: 8AM - 5PM

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EDITORS: TANA PRICE &
TERESA BORTREE

The Monthly Hoot



**SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701**

TO:

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WE NEED YOUR SUPPORT

Sullivan County Office for the Aging is pleased to provide you with our services. Our programs are funded by the Sullivan County Legislature, New York State, the Older Americans Act and your contributions. No one will EVER be denied services because of their inability or unwillingness to contribute. Your contributions are appreciated.

Thank you.

Name _____

Address _____

I designate my contribution of \$ _____ for:

- | | |
|--|---|
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Congregate Meals |
| <input type="checkbox"/> Volunteer Services | <input type="checkbox"/> Case management/Home care |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Health Insurance Counseling Services |
| <input type="checkbox"/> Use where most needed | |

Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to:
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 PO Box 5012, 100 North Street
 Monticello, NY 12701

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- ▶ Advanced Treatment

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**LOVE TO
WRITE?**

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BREAKING NEWS



Welcome Jeffrey Lambert to the OFA family. Jeff is a lifelong resident of Sullivan County. He is caring and compassionate and prides himself on giving 110% in all he does. He will be serving as the Aging Services Aide in the Nutrition department for Office for the Aging.

WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by	Book Title & Author
Alexis	Ninth House by Leigh Bardugo
Carrie	The Keeper of Happy Endings by Barbara Davis
Cathie	Etched in Sand by Regina Calcaterra
Tana	How to Sell a Haunted House by Grady Hendrix
Laura	1929 by Andrew Ross Sorkin
Lise-Anne	A Guardian and a Thief by Meghan Majundar
Sharon	The Book Club for Troublesome Women by Marie Bostwick
Sherri	The Liar I Married by D.K. Hook
Teresa	Orphan Train by Christina Baker Kline



Simple Cremation

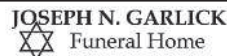


zmmemorials.com
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Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701



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Medicare Questions?

Medicare can be **confusing**, don't get discouraged, **get informed!**

Turning 65, new to Medicare, or have questions about your coverage? Contact me today to review your plan and explore your options!

Let's Talk!
Schedule your personalized consultation today!

Meir Horowitz
Licensed Insurance Agent

(347) 633-0852
(TTY:711)
mhinsures@gmail.com

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Sullivan County Office for the Aging, Monticello, NY

06-5379



SHOPPING BUS SCHEDULE



The shopping bus provides round-trip transportation from the senior's home to Monticello shopping (Shoprite, Walmart and Aldi's) one day per week. Registration with the Office for the Aging is required. Please call (845) 807-0244 by 11:00 am on the day before, to make a reservation.

Mondays

Jan 5, 12, 26

Town of Bethel-Smallwood, Cohecton, Bethel Senior Housing and White Lake.

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Jan 6, 13, 20, 27

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Jan 7, 14, 21, 28

Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Jan 8, 15, 22, 29

Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included

Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

Jan 9, 16, 23, 30

Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.

Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



CONGREGATE SITES



BETHEL	Bethel Senior Center Route 55, Kauneonga Lake	MONDAYS
MAMAKATING	Wurtsboro Town Hall Route 209, Wurtsboro	MONDAYS & WEDNESDAYS
LIVINGSTON MANOR/ ROCKLAND	Livingston Manor Presbyterian Church Old Route 17, Livingston Manor	WEDNESDAYS
LIBERTY	Lapolt Park North Main St, Liberty	WEDNESDAYS
JEFFERSONVILLE	American Legion Hall Legion Ave, Jeffersonville	FRIDAYS



JANUARY MENU 2026



Five Congregate meal sites are now open. Lunch is served by 12:00 pm. This menu is for homebound meals and congregate sites. Registration with the Office for the Aging is required. Please call 24 hours in advance for reservations at (845) 807-0254. Menu is subject to change.

VOLUNTARY SUGGESTED CONTRIBUTIONS: For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, a guest fee is required. Suggested voluntary contribution \$3.00, Guest fee \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk served with all Meals Coffee and Tea available at Senior Nutrition Sites			1) CLOSED 	2) Chicken Cacciatore Spaghetti Marinara Mixed Vegetables Italian Bread Pears
5) Chicken Tenders (3) Oven Roasted Potatoes Broccoli Dinner Rolls Fruit Cocktail	6) Pork Chop w/ Gravy Sweet Potatoes Corn Rye Bread Fruit Cocktail	7) Beef & Broccoli Stir Fry Brown Rice Oriental Vegetables Wheat Bread (2) Fresh Orange	8) Kielbasa & Kraut Boiled Potatoes Peas Dinner Rolls (2) Fresh Apple	9) Tortellini Marinara Tossed Salad Mixed Vegetables Italian Bread (2) Applesauce
12) Cheeseburger on a Bun Pickles Scalloped Potatoes Diced Carrots Fruit Cocktail	13) Chicken Stew Egg Noodles Broccoli & Cauliflower Dinner Rolls (2) Pears	14) Salisbury Steak Gravy Oven Roasted Potatoes Peas & Carrots Wheat Bread (2) Mandarin Oranges	15) Stuffed Shells (2) Side Salad Green Beans Italian Bread Fruit Cocktail	16) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fresh Apple
19) CLOSED  <small>shutterstock - 356093257</small>	20) Knockwurst German Potato Salad Diced Carrots Dinner Rolls (2) Fresh Orange	21) Cheese Ravioli w/Garlic Cream Sauce Peas Italian Bread Mandarin Oranges	22) Breaded Fish Baked Potato Green Beans Wheat Bread (2) Peaches	23) Roast Pork Loin Gravy Mashed Potatoes Cauliflower Dinner Rolls (2) Pears
26) Chili Con Carne Brown Rice Mixed Vegetables Corn Muffin (1) Fresh Apple	27) Ham & Cheese Sliders (2) Lettuce & Tomatoes Potato Salad Cole Slaw Mandarin Oranges	28) Meatball Sub Broccoli Side Salad Italian Bread Fruit Cocktail	29) Hot Dogs on a Bun (2) Baked Beans Diced Carrots Applesauce	30) Hungarian Goulash Egg Noodles Corn Rye Bread Vanilla Pudding

"WISHING YOU ALL A VERY HAPPY AND HEALTHY NEW YEAR"
from Sullivan Volunteers.



2026 HOLIDAY SCHEDULE - COUNTY OBSERVANCE

CLIP THIS SCHEDULE AND KEEP IT ON YOUR REFRIGERATOR FOR FUTURE REFERENCE

Dec 31 - 1/2 Day - New Year's Eve
 Jan 1 - Closed - New Year's Day
 Jan 19 - Closed - Dr. Martin Luther King Jr. Day
 Feb 12 - Closed - Lincoln's Birthday
 Feb 16 - Closed - Presidents' Day
 May 25 - Closed - Memorial Day
 July 3 - Closed - Independence Day (observed)
 Sept 7 - Closed - Labor Day
 Oct 12 - Closed - Columbus Day
 Nov 3 - Closed - Election Day
 Nov 11 - Closed - Veterans Day
 Nov 26 - Closed - Thanksgiving Day
 Nov 27 - Closed - Day after Thanksgiving
 Dec 24 - 1/2 Day - Christmas Eve
 Dec 25 - Closed - Christmas
 Dec 31 - 1/2 Day - New Year's Eve



SULLIVAN COUNTY DMV

mobile unit
 on location 10:00am - 3:00pm

2026 Winter Schedule

You can also Schedule an Appointment at sullivanyny.gov | County Clerk Russell Reeves

JEFFERSONVILLE

Tues January 6

Tues February 3

Tues March 3

License & Registration Appts

19 Legion St
 Jeffersonville, NY

WURTSBORO

Thurs January 22

Thurs February 19

Thurs March 19

Registration Appts Only

2948 US 209
 Wurtsboro, NY

NARROWSBURG

Tues January 20

Tues February 17

Tues March 17

Registration Appts Only

210 Bridge St
 Narrowsburg, NY

HORTONVILLE

Thurs January 15

Thurs February 12

Thurs March 12

Registration Appts Only

104 Lower Main St
 Hortonville, NY

LIVINGSTON MANOR

Tues January 13

Tues February 10

Tues March 10

Registration Appts Only

95 Main St
 Livingston Manor, NY

GRAHAMSVILLE

Thurs January 8

Thurs February 5

Thurs March 5

License & Registration Appts

273 Main St
 Grahamsville, NY

LIBERTY

Tues January 27

Tues February 24

Tues March 24

License & Registration Appts

15 Sullivan Ave
 Liberty, NY

BLOOMINGBURG

Thurs January 29

Thurs February 26

Thurs March 26

License & Registration Appts

13 North Rd
 Bloomingburg, NY



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The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.



Caregiver Café in-person support group.**1st Monday each month 10-11am** at CCE Sullivan.

Jan. 5, Feb. 2, Mar. 2, Apr. 6, May 4, June 1

Virtual Support Group 2026**3rd Wednesday each month, 6-7pm** via zoom

Jan. 21, Feb. 18, Mar. 18, Apr. 15, May 20, June 17



Caring for a loved one?
We're here for you.

The Caregiver Resource Center offers:

- In-person and virtual support groups for family caregivers
- Workshops on topics related to caregiving, Alzheimer's and dementia
- Individual assistance, information and referrals to community resources
- Caregiver assessments & tips for managing stress
- Tai Chi for Arthritis & Falls Prevention for seniors

Cornell Cooperative Extension | Sullivan County

64 Ferndale-Loomis Rd., Liberty, NY 12754

(845) 292-6180 x 122. Email: sullivanccrc@cornell.edu

Website: <https://sullivanccce.org>



Sleeping Medications: Know The Risks

Learn the risks of taking sleep medications & what other options are available.

Sleeping medications may be prescribed to your care recipient to help them sleep or treat insomnia. They are usually intended for short-term use, as the body starts to get used to them over time. Risks and benefits of sleep medication can depend on the type of sleep aid, so it is important to review these with their doctor.

Possible Risks

- Daytime drowsiness
- Car accidents
- Falls and fractures.
- Memory challenges
- Delayed reaction time
- Concentration issues
- Medication interactions
- Abnormal behavior

Stopping sleeping medications suddenly may lead to withdrawal symptoms like anxiety, irritability and rebound insomnia. If your care recipient wants to stop taking sleep medications, they should speak with their doctor or pharmacist about how to safely lower the dose slowly over time. The doctor should

always be consulted before making any changes to their medication regimen.

Did You Know? There are different types of sleep medications. Some examples include benzodiazepines or supplements like melatonin.

Other Options

Your care recipient can try to improve their sleep in ways that do not involve medications. Some ideas could include:

- Asking their doctor about Cognitive Behavioral Therapy for Insomnia (CBT-I) to help change thoughts and beliefs affecting sleep.
- Waking up and going to sleep at the same time every morning and night.
- Creating a relaxing bedroom environment and routine.
- Reducing caffeine, nicotine, and alcohol close to bedtime.
- Reducing screen time before bed.
- Avoiding naps during the day if possible.

Source: NYS Office for the Aging, Trualta

CRYPTOGRAM

Each letter in the phrase has been replaced with a random letter. Try to decode the message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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HOBBIES

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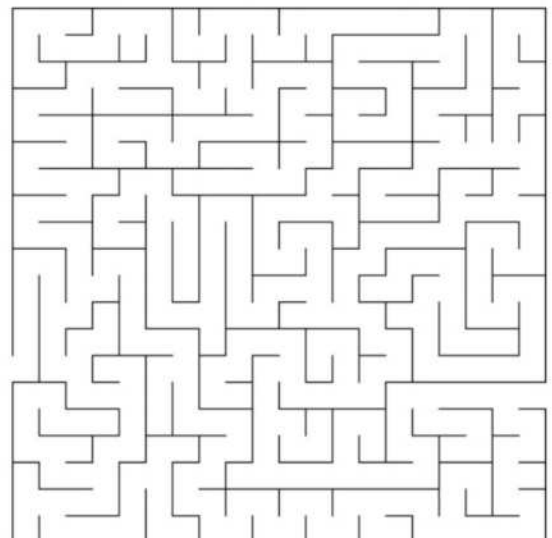
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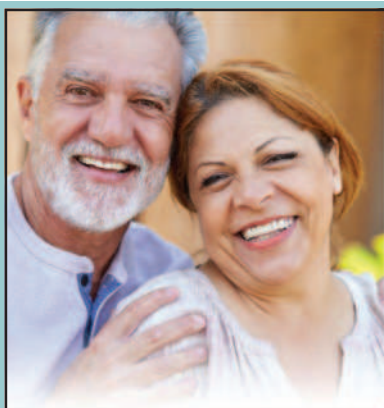
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SUDOKU

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Sullivan County Office for the Aging, Monticello, NY

06-5379

LOCAL ACTIVITIES AND EVENTS

Jan 3, 4:00 pm - "Peter Pan: The Last Adventure" at Read It Again Bookstore, 63 North St. Monticello

Jan 10, 10:00 am - Grand Opening of the Wurtsboro Antique Market, 86 Sullivan St. Wurtsboro

Jan 24, 12:00 pm - Soup and Sledding, 428 Hollow Rd, Glen Spey. Bring your own sled



Saturday, January 10, 2026 | Doors at Noon, Screening at 1:00 p.m. Seelig Theatre, SUNY Sullivan Campus

TICKET PRICES:
GENERAL ADMISSION: \$25
MET OPERA MEMBERS &
SENIORS: \$20, STUDENTS: \$10,
CHILDREN 5 & UNDER: \$5

Mamakating Environmental Education Center
762 South Rd, Wurtsboro

Jan. 3, 1:00 pm - Common Birds At Your Feeder, \$5.00 fee

Jan. 18, 1:00 pm - Starting Native Seeds Workshop, \$10.00 fee

Jan. 31, 10:00 am - Winter Festival



LIBRARY ACTIVITIES

Liberty

Jan 9, 2:00 pm - Chair Yoga

Jan 16, 1:00 pm - Movie Matinee "Mission Impossible: The Final Reckoning"

Jan 23, 1:00 pm - Senior Swing

Callicoon

Jan 16, 11:00 am - Drop in with Public Health

Jeffersonville

Jan 7, 6:00 pm - Family Movie Night "The Muppets Christmas Carol"

Jan 17, 11:00 am - Saturday Movie "Superman" (2025)

Livingston Manor

Jan 10, 11:00 am - Repair Café at Livingston Manor Presbyterian Church, 568 Old Rte 17

Jan 24, 10:00 am - Medicare 101

Roscoe

Jan 16, 4:00 pm - Farewell to the Campbell Inn

Jan 24, 12:30 pm - Medicare 101

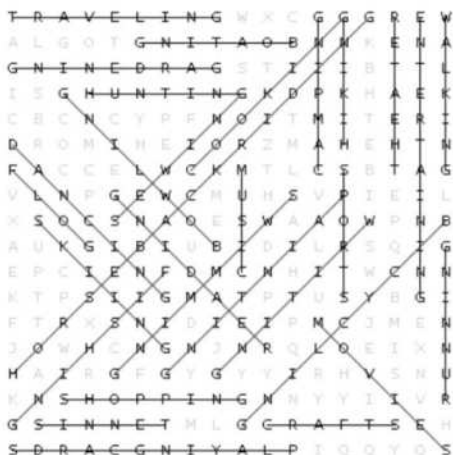
WE WANT YOU

Mamakating Senior Center is looking for new members for our knitting & crochet group, The Chain Gang. We will teach you how to crochet or knit. We meet on Wednesdays 10 am-12 pm, at Mamakating Town Hall Senior Center.

If you are interested, please call Rita Bellomo at (845) 745-9967.



ANSWER KEY



7	5	4	3	8	9	1	2	6
1	6	8	7	4	2	5	9	3
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6	2	9	1	7	4	8	3	5
8	3	7	9	2	5	6	1	4
3	1	5	8	9	6	7	4	2
9	8	2	4	5	7	3	6	1
4	7	6	2	1	3	9	5	8

CRYPTOGRAM

"Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?" — George Carlin

